



REGISTERED NATIONAL STANDARD

UNIT OF COMPETENCY

Title:	Preparation and service of local Tongan cuisines including traditional 'Umu		
TQF Level:	3	Credits:	15
		Version:	1
National standard code:	NS019-03		
Associated qualification (and code):	National Certificate in Food and Beverage Service Level 3 (QR-03-NQ-018-05-0903-19-01)		
Approval date:	11 June 2019	Review date:	11 June 2024
Purpose:	<p>People credited with this unit will be able to:</p> <ol style="list-style-type: none"> 1. Prepare, produce and deliver high standard food and beverage services that consist of local dishes and cuisines, and utilizing a range of local vegetables, fruits, root crops, seafood, meat and delicacies; 2. Prepare and perform a Tongan 'Umu and explain its traditional significance and value as a food preparation method. 		

Learning Outcome 1 (LO1)	Identify and explain a range of local Tongan vegetables, root crops, seafood and meat dishes that are suitable for the Food and Beverage sector.
Performance standards	<p>1.1 List of local produce is presented, evaluated and selected to meet Food and Beverage sector needs and expectations.</p> <p><i>[Range: Ika kehekehe, Paka kehekehe, Uloulla-'a-vai, 'Uo, Fingota kehekehe, Limu-fuofua, mo e ngaahi me'akai 'o Tahī; 'Ufi, 'Ufilei, Kumala, Talo, Kape, Manioke, Siaine, Hopa, Mamae, Niumata, Niumotu'u, Ifi, mo e ngaahi fua 'o Tokanga; Hina, Meleni, Faina, Mango, Vi, Vesitapolo kehekehe mo e ngaahi 'akau-kai moe fua'i'akau 'oe fonua; Puaka, Pulu, Sipi, Moa, mo e kakano'i monumanu 'o 'Uta,]</i></p> <p>1.2 Ingredients are identified and produced (from local produce) to improve visitor experience and expectation from the hospitality industry.</p> <p><i>[Range: For 'Otaī ingredients include fruits, grated coconut, coconut milk, sugar; 'Ota-ika ingredients include fresh fish such as Hakula-puaka, Palu, Mahimahi, with niu-taufua, lemani, onioni-Tonga, masima, etc., for Manioke-tama ingredients include crated manioke, niu-taufua (concentrated coconut milk), etc., for Lo'i-lesi ingredients include lesi, niu-taufua, maka-hunu (traditional caramelization), etc., Lu-pulu ingredients include Lu (young talo leaves), niu-taufua, , Puaka-tunu (pig on a spit) ingredients include Pitoi (stuffing), Lo'i-feke ingredients include feke-mata (fresh octopus), feke-momoa (dried octopus) , Hoho ingredients include Kumala or Hina, niu-taufua, Veihalo ingredients include young coconut (fruit and juice), , Faikakai-ngou'a ingredients includes Luu, totoka'i manioke; , Faikakai-manioke-tama, etc.].</i></p>
Learning Outcome 2 (LO2)	Prepare, cook and serve local dishes and recipes in accordance to establishment requirements.
Performance Standards	<p>2.1 Traditional methods of food and recipe preparation are described and demonstrated.</p> <p><i>[Range of dishes: 'Otaī, 'Ota-ika, 'Ota-fingota, Lo'ilesi, Vaisiaine, Vaihopa, Vaivalo, Veihalo, Puaka-tunu, Lu-pulu, Faikakai-ngou'a, Faikakai-manioke-tama, Hoho.</i></p> <p><i>[Range of food preparation methods: Tu-lolo (traditional</i></p>

	<p><i>caramelization of cane sugar) for Lolo-faikakai or Syrup; Makahunu (Traditional caramelization of coconut milk using red-hot stones) for Vailesi; Fakamoluu (traditional tenderizing of meat (e.g. pounding of fresh octopus or marinating fish or marination meat with lemon juice, papaya, or pineapple, etc.)]</i></p> <p>2.2 Traditional methods of food preservation are described and demonstrated. <i>[Range: Fakamomoa (drying); Faka'ahu (Smoking), Fakamasima (Salting/brining), etc.]</i></p> <p>2.3 Recipes, dishes and cuisines prepared and served are evaluated and selected to meet customers' needs and expectations.</p>
Learning Outcome 3 (LO3)	<p>Identify and explain the art of preparing an 'Umu, including items such as a clean and well-ventilated 'umu shed, 'umu pit, cooking stones, firewood, green leaves 'umu cover.</p> <p><i>[Range: Processes such as Tokonaki, Faka'afu, Kakaha, Hina-e-maka, Uu, Ta'o, Fetaki, Tau, Lepo, and Tanu; Resources such as Fefie, Makahunu, Fetaki, Tau, Loufusi, Pahu'a, Lu, Niumotu'u, Niutaufua, etc.]</i></p>
Performance standards	<p>3.1 All the required items for the 'umu including the site of the 'umu pit with a clean service area are identified.</p> <p>3.2 Proper narration, or guided tour of the site and presentation of the art of 'umu making and all related traditional aspects are adequately presented.</p>
Learning Outcome 4 (LO4)	<p>Prepare a diversity of local dishes and food for the 'umu.</p>
Performance standards	<p>4.1 List of local vegetables, dishes (meat or seafood or some other delicacies) is presented, evaluated and selected to meet Food and Beverage sector needs and expectations.</p> <p>4.2 Ingredients are produced to improve experience and expectation from the hospitality industry.</p> <p>4.3 Prepare the identified food and local dishes.</p>
Learning Outcome 5 (LO5)	<p>Perform the proper 'umu cooking process according to authentic Tongan traditional method of cooking.</p> <p><i>[Range processes such as Tokonaki, Faka'afu, Kakaha, Hina-e-maka, Uu,</i></p>

	<i>Ta'o, Fetaki, Tau, Lepo, and Tanu;.]</i>
Performance standards	<p>5.1 Each key 'umu process is carried out according to authentic Tongan traditional method of cooking;</p> <p>5.2 'Each 'umu process is evaluated and selected to meet customers' needs and expectations.</p> <p>5.3 Service or dining area is prepared and cleaned in accordance with food hygiene standards.</p>
Learning Outcome 6 (LO6)	'Umu food is presented and served to customers in accordance with traditional Tongan protocol.
Performance standards	6.1 Food and dishes (meat or seafood or other delicacies) are presented, evaluated and selected to meet food and beverage sector needs and expectations.
Pre-requisites	N/A
Co-requisites	NS018-03
Underpinning skill and knowledge	Local Tongan produce knowledge, Tongan language, Knowledge Tongan culture and traditions; Tongan protocol and etiquette; Tongan flora and fauna; General human health and diseases; Human foods and nutrition; Hazards and safety; Personal grooming and presentation; Effective time management; Communication including writing (Tongan and English); Environmental awareness; Cultural awareness and sensitivity; Interpersonal communication skills; Workplace security; Metric measurements (volume, length, time, Attention to details.
Suggested assessment methods	<p>1) Written theory exam (30%)</p> <p>2) Practical assessment (70%)</p> <p>Examples:</p> <ul style="list-style-type: none"> • Recipe creation • 'Umu preparation and making • 'Umu presentation and service
Resource requirements	<ol style="list-style-type: none"> 1. Buffet setup equipment and associated utensils 2. Commercial kitchen 3. 'Umu-shed (constructed, clean, raised floor, well-ventilated; and complied with relevant regulations regarding the efficient control and management of fire and smoke);

	<p>4. 'Umu-making resources – 'Umu-pit, makahunu, Tau banana plantation; Fetaki and Lepo;</p> <p>5. Relevant readings</p> <p>6. Unit outline</p>
Moderation arrangements	Provider approved Moderation processes, OR TNQAB Moderation processes.
Requirements to complete this unit	Students must be assessed as "100% Competent" to complete this unit. Those who are not assessed as "Competent" after a 3rd attempt will be informed to enrol in the unit again.
Public comments on unit	Please contact TNQAB National Qualifications Unit (email EnquireNQ@tnqab.to or Telephone 28136) if you like to discuss or suggest changes to the details of this unit.